

You're in the Final Push to Birth!

When to call Shanna: 972.839.9443



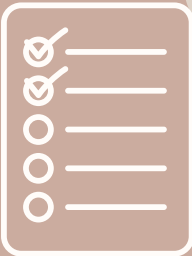
- 4-1-1 Period-like contractions that are coming every 4 minutes from start to start, lasting 1 minute, and maintaining that for 1 hour.
- Contractions that are so intense you can't walk or talk through them
- Gush of fluid
- Anything that scares or concerns you
- If baby's movements change from their normal.
- Bright red bleeding (small amount of mucus bloody discharge is normal)
- If I don't answer, hang up and call a 2nd time immediately. If I don't answer or call back in 15 min, call my backup midwife, Alyx Biondo at 713.962.4228



What then?

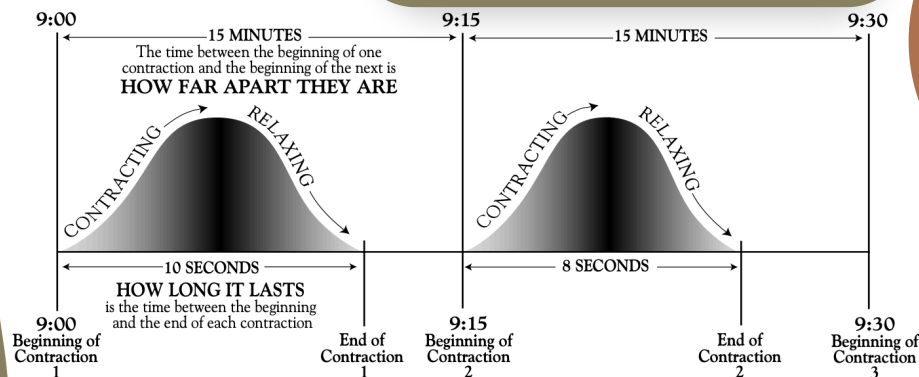
- Sleep as much as possible in labor.
- Eat as desired.
- Call when contractions are longer-stronger-closer.
- We will come to your house to check on you when it appears that you are in active labor.

What to do between now and then.



- Fill out all new documents added to your portal.
- Read all documents in the home birth folder.
- Purchase all items on shopping list.
- Create your birth affirmations or print the ones provided.
- Make a few freezer meals.
- Pick a pediatricians.
- Create a birth plan/preferences.

How to time contractions.



PREPARING FOR YOUR BIRTH



BIRTH ITEMS:

- ☐ Comfortable labor clothes for mom
- ☐ Comfortable clothes for after birth
- ☐ Underpads (1 package)
- ☐ Sheets (2 sets)
- ☐ Plastic cover for bed
- ☐ Wash clothes
- ☐ Towels
- ☐ Plastic cover for pillows
- ☐ Large bottle of Hydrogen Peroxide
- ☐ Depends
- ☐ Overnight pads



BABY ITEMS:

- ☐ Thermometer
- ☐ Clothes for baby
- ☐ Socks
- ☐ Hat
- ☐ Receiving blankets
- ☐ Diapers
- ☐ Wipes
- ☐ Nose Frieda



FOOD:

- ☐ Food for mom in labor and postpartum
- ☐ Honey sticks
- ☐ Juices for mom
- ☐ Snacks & water for midwives



OPTIONAL:

- ☐ Herbal Bath
- ☐ AfterEase for afterpains
- ☐ MamaFrida peribottle
- ☐ PeriCleanse (InHisHands.com)
- ☐ H.G. Hemorrhoids Gone
- ☐ Padsicles
- ☐ Heating pad



PREPERATION:

- All linens should be washed in hot water with detergent before the birth. Please include a complete set of baby clothes with the birth supplies so they are easy to find after we do the newborn exam. Please put a full set of comfortable clothes for the mom along with an overnight pad and a Depends somewhere convenient.
- Make your bed with the set of sheets you want to sleep in for the first week after the birth. Put a plastic cover over the set of sheets. Then, make the bed again with an older set of sheets. The older set of sheets will be used while you are in labor and giving birth. After you give birth, we will remove the older sheets and plastic cover, and you will get into your clean sheets, ready to cuddle your newborn.
- If you are planning a water birth, I would still prepare the bed in the above manner. I also recommend getting a tarp to put under the birthing tub in case of leaks or splashes to protect your floors.

LABOR SOUP

Ingredients

- 1 large onion, chopped fairly small
- 1 cup chopped celery
- 10 cups homemade chicken stock
- 1 tsp. poultry seasoning
- 1 tsp. dried thyme
- fresh ground black pepper to taste
- 2 medium sweet potatoes, peeled and cut into 3/4-inch cubes
- 2 cups chopped cooked chicken
- 4 cups finely chopped kale (packed into measuring cup)
- 2-3 T balsamic vinegar



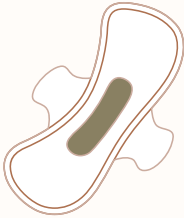
Directions

1. Peel and chop the onion and chop enough celery to make one cup chopped celery; add onion and celery to the slow cooker. Add the poultry seasoning, dried thyme, 10 cups chicken stock and fresh ground black pepper, turn on the slow cooker and let it start to cook while you chop the sweet potatoes.
2. Peel sweet potatoes and cut into 3/4-inch cubes. Add to the slow cooker cook for 4 hours on high or 8 hours on low.
3. Chop up enough chicken to make 2-3 cups bite-sized pieces.
4. Cut away the ribs from the kale leaves and finely chop enough kale to make 4 cups packed kale.
5. Add the chicken and kale to the slow cooker and turn to high if you've been cooking on low.
6. Cook for 1-2 hours more on high, or until the kale is done to your liking.
7. Add balsamic vinegar and stir into the soup.
8. Serve hot or freeze and then thaw you go into labor.

Padsicles

a step-by-step guide

1



Pads

Partially unwrap a few pads at a time, but don't detach the wrapper.

2



Aloe Vera & Witch Hazel

Spread aloe vera generously up and down the whole pad. Don't just do the middle part - spread it further down almost to the bottom of the pad. Pour about a teaspoon of witch hazel down the middle.

3



Lavender Oil

Add a few drops of lavender oil to the pads.

4



Freezer

Fold the pads back up to how they were and stick them in a gallon sized plastic bag, then freeze. Pull them out of the freezer, one by one, as needed and let them thaw for two or three minutes before use.



Postpartum Instructions for Baby

Newborn Breathing: Babies breathe faster than adults at rest, and their respirations (breaths) are sometimes irregular. The average is 30-60 breaths in one minute. Your baby may sound congested, snort, or sneeze after birth – all is normal.

Body Temperature: Babies are just miniature people. Their temperature should range between 97.7 and 99.9. A fever is anything over 100.4. Take the baby's temperature under the armpit with a digital thermometer. If your baby feels warm or cool, the first thing to do is unwrap them and put them skin-to-skin. Recheck the temperature. If the temperature is still elevated in 30 minutes, recheck it. A fever of 100.4 or more is a reason to take your baby to the emergency room.

WHEN TO CALL YOUR MIDWIFE:

- If your baby has a fever of 100.4 or higher

their back. If you see thick mucous or secretions, use the bulb syringe. Always suction the mouth before the nose to prevent the baby from inhaling and choking on the secretions.

Choking: Your baby is learning to coordinate breathing and swallowing for the first time. So sometimes, they will gag or choke. The first thing to do is tilt the baby to the side and pat

Nursing: Your newborn should eat 8-10 times each day. The feedings may take 30-45 minutes at first, but in the next week or two, they will become more efficient, and the two of you will work out a system that works best for both of you. The baby gets dense, nutritious milk called colostrum. It's exactly what the baby needs. Do not give the baby formula or water unless your midwife or pediatrician has recommended it for a very specific need.

Diapers: Your baby's first bowel movements are a dark, tarry, sticky substance called meconium. The baby should pass some meconium in the first 24 hours. This is easily washed off with warm water and coconut/olive oil. Apply oil after diaper changes to make the clean-up easier. Gradually, the meconium changes to a green-brown color, then yellow-green. Babies can have bowel movements after every feeding or once every 3-4 days. A healthy, breastfed baby will not get constipated.


Your baby should urinate in the first 24 hours. Until your milk is in, the wet diapers may not be as frequent. After 2-3 days, diapers should be wet every 3 to 4 hours (paper diapers are very absorbent, so it may be hard to tell; when in doubt, use a small towel, blanket, or washcloth). Sometimes uric acid crystals will be found in a wet diaper.

These crystals can look orange/red and be mistaken for blood. Some female babies will pass a small amount of mucus and blood from their vagina.

WHEN TO CALL YOUR MIDWIFE:

- If your baby has not urinated in more than 6 hours.
- If your baby has not had a bowel movement in 4-5 days.

Sleeping: Your baby will sleep most of the day . . . and tend to be awake more at night. Please do not let your baby sleep longer than 2-3 hours at a time until your milk transitions. Safe sleep guidelines include:

- Babies should room in with their parents -- it's good for all of you.
 - Put your baby on their back to sleep.
 - Keep the room cool (70o- - 74o).
 - Do not over-dress the baby. Dress the baby so they feel warm (but not hot) to the touch.
 - Do not put any blankets, pillows, toys, or bumper pads in the crib
 - You may swaddle the baby tightly, but no loose blankets.
- 

Crying/Soothing: Your baby has had a big day too! They are adjusting to life outside of the womb. The most comforting thing you can do for your baby is keep them close to you. Skin-to-skin care (with either mom or dad) is ideal. If the baby is crying inconsolably, do a “head-to-toe” inspection and think through the types of things that may be distressing to your baby. Call your midwife if you can’t soothe or calm the baby within 20-30 minutes. We will be glad to help you figure out what’s going on.

Cord Care: To prevent infection, keep the stump clean and dry. Do not put alcohol, ointments, or powders on the cord. Fold the diaper down to ensure air circulates around the cord. If you see signs of infection around the base of the cord, call your midwife.

Eyes: You may notice red spots on the whites of your baby’s eyes. These are broken blood vessels from birth. These will go away independently, usually in the first couple of weeks. Your baby’s tear ducts are immature and do not work fully right after birth. This means that bacteria can easily grow without the flushing of tears. If your baby’s eyes get a yellow-green discharge or become crusty, you can wipe them with a warm, wet cotton ball. Breastmilk is naturally antibacterial and makes a handy eyewash.

Bathing: Your baby will not need a full bath until the umbilical stump falls off. For these first few days, just wipe off the “dirty” or “stinky” parts with a warm washcloth. Ensure the folds under the neck, in the groin, and behind the ears are clean.

Signs of Wellness: Like all people, healthy babies have a good appetite, normal bowel movements, and react/respond to their environment. The baby’s breathing may be irregular but should not be labored. If the baby is struggling to breathe, call your midwife immediately.

Skin color: Jaundice after 24 hours is a perfectly normal process. The byproducts (Bilirubin) of that normal process are yellow. If too much of it accumulates, it can be problematic. Feeding them often is the best way to ensure your

WHEN TO CALL YOUR MIDWIFE:

- If your baby has yellow skin in the first 24 hours.
- If your baby is too sleepy to wake for frequent nursing.

baby stays healthy. Bowel movements will remove the bilirubin from their system. You may also want to hold your baby in sunlight for 15-30 minutes daily to help his body process the bilirubin. Please contact your midwife if your baby’s skin turns yellow before 24 hours.

Newborn Hearing Screen: The State of Texas recommends that every baby has their hearing tested. We recommend taking your baby to an audiologist for a newborn hearing screen.

Well Baby Check: Contact your pediatrician to determine when they would like to start care. We will continue to care for the newborn for 6 weeks. We will also do the Newborn Metabolic Screen at 2 days and 2 weeks.

Car Seat: The State of Texas requires that all newborns be restrained in a car seat. Your newborn should be well secured into a rear-facing car seat anytime you take them.

Call us if:

- You or your baby runs a fever over 100.4* F.
- Your baby turns yellow in the first 24 hours.
- Your baby’s mouth, lips, or trunk turn blue.
- You have any questions or concerns.
- In case of an emergency, call 911.





Postpartum Instructions for Mom

Congratulations on the birth of your precious baby! Welcome to what we call the “fourth trimester.” This phase of your “new normal” will include many changes and possibly some challenges. We want to provide you with some guidelines and instructions to help you have a safe, healthy postpartum period.

Rest: Birth is hard work! Rest will help you recover more quickly. Stay in bed with your baby for the first week and do nothing except take care of yourself and your baby. Do not lift anything heavier than your baby. After the first week, you can gradually add back to your normal activities, but use wisdom. Sleep when your baby sleeps. Allow other people to prepare meals, do housework, do laundry, and care for older children. Taking care of yourself and the baby now will make it easier for you to resume a more normal schedule very soon.

Perineal Care: Use your peribottle filled with warm water to rinse your perineum while you are urinating and/or rinse your perineum after using the restroom. Pat dry (avoid wiping). Ice packs may be soothing and can help reduce pain and swelling. Wear them for 20-30 minutes every hour. If you have any kind of laceration, keep your legs together to help facilitate healing. sent you home with. It is important to gently keep clean and dry to promote healing. After the first 24 hours, warmth helps promote healing better than cold. Squirt witch hazel on a pad or use Tucks pads up against any sutures you may have.

Nutrition and Hydration: In addition to recovering from birth, your body is working to produce more colostrum and begin the transition to mature milk. Maintain your pregnancy diet and supplements, as well as ADD an additional 500 calories every day to your diet. Stay well hydrated and eat a healthy diet with a variety of fresh foods and plenty of healthy fats, whole grains, fruit and vegetables. Good nutrition will help you recover quickly and thoroughly. It takes more calories to make milk than to grow a baby.

Uterus and bleeding: Your uterus should be firm and no higher than your belly button. Expect heavy period type bleeding for the first 12-24 hours. It will gradually slow down and become darker in color and less in amount over the next 2-3 weeks. You may have clots, especially after you’ve been laying down. You should not soak more than 1 pad

WHEN TO CALL YOUR MIDWIFE:

- If you soak 2 pads in ONE hour.
- If you pass a clot larger than your fist.
- If you bleeding has a foul odor.
- If you have any uterine tenderness.

per hour. If you are bleeding too much, do 3 things, all starting with “B” . . . rub your “belly”; empty your “bladder”, “breastfeed” your baby. If you fill a menstrual pad in less than 20 minutes, or if you have gushing blood that seems like a hemorrhage, call 911, lay down, rub your belly, and breastfeed your baby until help arrives.

Afterbirth Pains: Some women, especially after their second or more babies, will experience cramping for the first few days after birth. As your uterus shrinks down to its pre-pregnant size, you may notice that they feel like menstrual cramps. Here are some options to help alleviate the pain and discomfort: hot water bottle or heating pad, extra calcium with magnesium, ibuprofen every four hours, Afterease, Crampbark tincture or tea.

Elimination: Your bladder may feel numb for about the first 24 hours after birth. Make a habit of attempting to empty your bladder every 2 hours, even if you don’t feel the urge. Keeping your bladder empty will minimize postpartum bleeding and cramping. Let me know if you have any difficulty urinating or having a bowel movement.



Pain Relief: The first choice for pain relief is ice for the perineum. Over the counter remedies may be helpful for hemorrhoid relief. Frozen bags of peas work well for ice packs on your breasts if they are sore. Afterease and/or Arnica are excellent supplements to have on hand should your afterpains be stronger than you are expecting. Ibuprofen may help with both pain relief and swelling. Tylenol may help with pain relief and is generally considered safe.

Breast Care: Do not use alcohol, soap, or drying agents on the nipples. If your nipples are sore or breastfeeding is painful, it may be a sign of poor positioning or an ineffective latch. Use pure lanolin cream or a pure healing salve on your nipples after each feeding if you are sore. Call me so we can help troubleshoot solutions.

Breastfeeding may be uncomfortable for the first several days, but it should not be extremely painful for any extended period of time.

WHEN TO CALL YOUR MIDWIFE:

- If you have any red spots or tender areas on your breast(s)
- If you run a fever over 100.4
- If you have any chills, faint, or dizzy.

Exercise: While you are in bed for these first few days, be sure to do what we call “airplane exercises” to support the circulation of your legs. “Write” the ABCs with your feet and shift positions often to encourage good circulation. After 6 weeks, you may resume some physical exercise. Begin with walking and gradually increase your activities, slowly resuming your normal routine.

Postpartum Blues: It is not uncommon for new mothers to experience feelings of depression or sadness. These feelings are known as “baby blues”. You may feel like crying “for no reason” and feel exhausted or overwhelmed. Make sure you are getting plenty of rest, a lot of support, and nurturing from your partner and other loved ones, and get as much sleep as you can. You should feel like “your old self” within a week or 2. In some cases, the feelings of depression or sadness are more severe and continue for more than 2 weeks. And, sometimes, the thoughts and emotions new mothers have can be more serious and may be an indication of postpartum depression. If you or your family are concerned that you are not enjoying motherhood or you are feeling angrier or sadder than normal, please call me and let me know.

Birth Control & Intercourse: Do not resume sexual intercourse until your bleeding has stopped and you feel ready. It is important to wait until your body has had time to heal before introducing anything into the vagina. When you are ready to resume an intimate relationship, please consider your contraceptive options, take it slow, and you may need to use a lubricant. Breastfeeding is not an entirely effective method of birth control. Many couples choose barrier methods. Some choose prescriptions. I would be glad to discuss these options with you. It is possible to ovulate within 4-6 weeks after birth – even while breastfeeding!

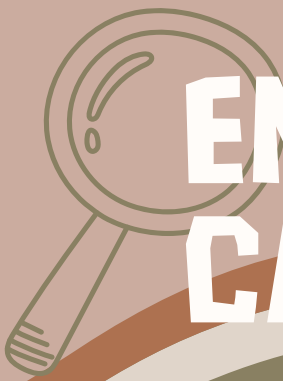
Welcome to Motherhood: Remember to slow down. Enjoy this time with your baby. Nursing and cuddling your baby will help both you and the baby move into this beautiful new relationship together.

Call us if:

- You or your baby runs a fever over 100.4* F.
- Your baby turns yellow in the first 24 hours.
- Your baby’s mouth, lips, or trunk turns blue.
- You have any questions or concerns.

In case of an emergency, call 911.





EMERGENCY CARE PLAN



The option of going to a nearby hospital for interventions is what makes out of hospital birth safe. The majority of women who plan a home birth will not need any interventions and will have a spontaneous vaginal birth on their own. Having a backup plan in place for our preferred hospital and the nearest hospital allows us to move to the hospital smoothly, if needed.

Please fill out this form by 37 weeks. You may want to consider taking a hospital tour of your preferred and closest hospital (if not the same hospital) so that it is a more familiar place. It is also beneficial to consider packing a hospital bag when you gather your home birth supplies with basic items for your and baby, just in case of emergent transport. This is highly unlikely to occur but if it does, the process will be smoother and less stressful for you and your partner if a bag is already packed.

- The primary midwife will determine, with informed consent from the parent(s) and in accordance with state laws, when to transport the mother and/or baby.
- When transport is considered urgent, we will go to the nearest hospital.
- If transport is not considered urgent the decision of which hospital to go to will be left with the mother (Baylor Dallas recommended below).
- The mode of transport will depend on the urgency of the situation and input from the parent(s).
- The midwife assistant or mother's birth partner may need to call 911 (see instructions below).
- The primary midwife, and possibly an assistant or student midwife will transport with the mother and/or baby and will stay with the mother to act as doula.
- In the event of a separation of mother and baby, the primary midwife will transport, and the assistant will provide continued home care.
- The midwife will fill out the transfer summary form and provide it with medical records to the hospital staff.
- Follow-up care will be determined by the midwife and mother after consultation.
- Keep this sheet with your birth supplies for use as a script in case of the need to call 911.

**INSTRUCTIONS FOR CALLING 911
ARE ON THE BACK**

Instructions for calling 911 are as follows:

- Take a deep breath and stay calm. Speak slowly so you will be understood: “We are at a planned home birth with a licensed midwife in attendance. We have the following situation ...” (The midwife will tell you what to say.)
- The address is _____
- The name of the mother is, _____ and she is _____ years old and her due date is _____ .
The name of the partner is _____ . A contact number for someone at the home is _____ .
- Answer any other questions as best as you can or ask someone who may know.
- After placing the call, it is a good idea for someone to go outside to watch for the ambulance.
- It is also helpful for someone to clear a path, if needed, through the house to the room where the mother is.

Planned transfer hospitals:

1. Non-emergency
Baylor University Medical Center at Dallas
3501 Junius St., Dallas, TX 75246
214.820.2126

2. Emergency (closest hospital with a NICU):

*** Remember to have your car seat installed and ready to go by 37 weeks, whether you're planning a home or birth center birth!



IMMEDIATE POSTPARTUM WARNINGS

CALL 9-1-1 IF YOU HAVE	<ul style="list-style-type: none">• Pain in your chest.• Heart palpitations with pain or unusual swelling.• Unable to take a deep breath.• Seizures• Uncontrollable vaginal bleeding.
CALL MIDWIFE IF YOU HAVE	<ul style="list-style-type: none">• Heart palpitations.• If you soak 2 pads in ONE hour.• If you have consistently large blood clots.• If you CANNOT urinate.• If you have not had a bowel movement within 72 hours.• Red or swollen area in your leg (especially your calf) that is warm &/or painful to touch. (DO NOT RUB IT!)• Temperature >100.4 degrees• Headache that does not get better with Tylenol or Ibuprofen.• Unexplained persistent, worsening swelling.• Foul smelling vaginal discharge.• Tender or painful abdomen.• If something just feels “off” and you are worried.
CALL 9-1-1 IF YOUR BABY HAS	<ul style="list-style-type: none">• Stops breathing or having difficulty breathing.• If your baby’s lips, area around mouth, or trunk is dusky/purple.• If your baby appears to have trouble breathing.
CALL 9-1-1 IF YOU HAVE	<ul style="list-style-type: none">• Jaundice BEFORE 24 HOURS OLD• Cord stump is infected and has turned the surrounding skin red and/or has puss.• Baby has a fever of >100.4.• Baby cannot maintain temperature and is <97.0 temporal.• Lethargic and refuses to wake.• Penile hemorrhage after circumcision.
CALL YOUR MIDWIFE	<ul style="list-style-type: none">• Cord stump becomes smelly without signs of infection.• Not nursing well.• Baby is breathing >60 times a minute for an extended time.• Report a decrease in wet diapers.• If baby does not pass meconium within 24 hours of birth.• If you are uncertain if something is normal or not.

Maternal post-birth warning signs that are emergent 9-1-1 calls...

- Pain in your chest, obstructed breathing, or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem.
- Headache (very painful), vision changes, and pain in the upper right area of your belly may mean you have high blood pressure or postpartum preeclampsia.
- Seizures may be a sign that a mother is suffering postpartum Eclampsia and having a life-threatening eclamptic episode.
- Bleeding (heavy), soaking more than two pads in an hour, or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage.
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot.
- Temperature of 100.4°F or higher, bad-smelling vaginal blood, or discharge may mean you have a uterine infection.

Children's Medical Center -Dallas 1935 Medical District Drive Dallas, TX 75235 844-424-4537	Medical City Children's 7777 Forest Lane Dallas, TX 75230 972-566-7000	Cooks Children's- FW 801 7th Avenue Fort Worth, TX 76104 682-885-4000	Cooks Children's- Prosper 4300 University Dr. Prosper, TX 75078 682-303-8000	Children's Medical Center- Plano 7601 Preston Rd Plano, TX 75024 469-303-7000
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POSTPARTUM PLAN WORKSHEET

Postpartum (the period of time after birth) can be a challenging time as you heal from birth and take care of a newborn. Planning for the postpartum period, just like with birth planning, can be beneficial because it defines expectations and plans for the unknown. Fill out this worksheet to begin preparing for life with your newborn!

I will need to rest in the first six weeks after birth so that I can heal well and take care of my baby. I plan to have these three people help me in the first week after birth. I don't mind if they see me naked or feeding my baby, I can call them at any time, tell them anything, and I am ok asking them to do my dishes or laundry.

- 1.
- 2.
- 3.

These 3 people are going to help with childcare for my other children:

- 1.
- 2.
- 3.

When I have my baby, I am going to let this person know, and they will let my friends and family know and/or begin the meal train.

- 1.
- 2.
- 3.

If I just need someone to come over and keep me company, I can contact:

- 1.
- 2.
- 3.

If I need help with breastfeeding, I can contact one of these lactation consultants.

- 1.
- 2.
- 3.

If I begin to experience signs of postpartum depression, postpartum anxiety, rage, OCD or, including prolonged sadness, lack of desire to care for my baby, trouble bonding with baby, racing thoughts, extreme fears, racing hear beat, panic attacks, trouble sleeping, or excessive anger without reason, I can contact Shanna and one of these counselors. At least one of these counselors takes my insurance or I have some money saved so I can see a counselor for a few appointments if I need to.

- 1.
- 2.
- 3.

If I need extra help after my baby is born and cannot rely on family or friends, or I want someone besides my family and friends to help me, I can call one of these postpartum doulas.

- 1.
- 2.
- 3.



POSTPARTUM BASKET

- Nipple Salve
- Breast pump
- Silverettes
- Haaka pump
- Nursing pads
- Overnight pads
- Depends
- Large Water Bottle
- Burp towels
- Nose Frieda
- Snacks that I enjoy
- AfterEase
- Prenatal Vitamins
- Perispray
- Diapers
- Baby Wipes
- Journal & Pen
- Chapstick